



# The Inside Scoop

## Diabetes 101

Tuesday, November 17  
6:00 p.m.

Learn ways to manage your diabetes.  
This is good information for everyone  
who wants to live a healthier life.

This program is presented by Tyree Morrison,  
Nurse Practitioner and Diabetes Educator.

Reservations are requested but not required.

---

### **The Inside Scoop: Education & Ice Cream**

3<sup>rd</sup> Tuesday evening of each month

#### **Urbana Senior Center**

**9020 Amelung Street, Frederick, MD 21704**

(located on the lower level of the Urbana Regional Library)

301-600-7020

UrbanaSeniorCenter@FrederickCountyMD.gov

[www.FrederickCountyMD.gov/aging](http://www.FrederickCountyMD.gov/aging)

FREDERICK COUNTY  
Department  
of Aging